

**MINUTES  
COMMISSION ON AGING  
Baltimore County Department of Aging  
611 Central Avenue, Room 112  
Towson, Maryland 21204**

**Tuesday, February 11, 2020**

Present: Cyndy Allen, Lisa Budlow, Don Gabriel (via phone), Eula Marshall,  
Roy Moreland, Mabel Murray (via phone), Sheila Roman, Marlene Siegel, Sherita  
Thomas (via phone) Melody Truffer, Cathy Ward

Absent: Virginia Billian, Fran Bond, Bill Lambert, Al Muehlberger

Staff: Phyllis Myers, Ethel Rasmussen, Laura Riley

**I. The Meeting Came to Order at 9:03 a.m.**

**II. Announcements**

- The RSVP Volunteer Luncheon is Thursday, May 7, 2020 with the Commission on Aging meeting upstairs before the luncheon; Mabel, Marlene, Don, Melody, Roy, Sherita, Cathy, and Cyndy plan to be there
- Commission on Aging member Virginia Billian and her husband have been ill; Mabel will send a get well card on behalf of the Commission
- Cyndy asked COA members to send related topics or articles of interest to Phyllis so they may be included in the folders and/or added to the agenda

**III. Approval of the Minutes**

- Minutes approved as submitted

**IV. Guest – Ethel Rasmussen – Senior Solutions Conference**

- The 2020 Community Resources book is now available
- The Senior Solutions Conference is on Monday, June 1<sup>st</sup> at Medstar Franklin Square Hospital Center; the parking is being addressed this year in the planning, as it was a challenge for some last year
- The theme will be the same as the BCDA initiative, “Living Connected”
- The suggestions for a Keynote Speaker are:
  - ✓ Thomas Cudjoe— “Mobilizing the immobile”, caregiving for his grandparents, or other research
  - ✓ Sarita Gupta— “Caring Across the Generations”—advocacy, care infrastructure, aging parents, disabilities
- Some suggestions for breakout sessions/topics/speakers that Ethel offered are:

- ✓ Aging Solo/Kinlessness
  - ✓ Race and Ethnic Differences in Grandparents raising grandchildren
  - ✓ LGBT Challenges for this age group in connectedness
  - ✓ The Economics of Depression
  - ✓ Medication and Aging—How the biology of aging affects prescription use
  - ✓ Benedicto Borja, MD—Crisis psychiatry management in the geriatric population
  - ✓ William Regenold, MD—Emphasis on men and anxiety/depression and social norms
  - ✓ Meredith Whitmire—Elder Justice Coalition—elder abuse
  - ✓ Mary Elizabeth Hughes—social relationships/ healthy grandparents raising grandchildren
  - ✓ Vanya Jones—Assessing when to give up driving, loss of independence
  - ✓ Panel—Adaptation to aging in place—Hospital to Home, CAPABLE, Civic Works, CHAI
  - ✓ Janice Bowie—Implications of religion and spirituality for health prevention and treatment
  - ✓ Janice Gitlin—Health disparities
  - ✓ Social Media—Benefits of keeping connected by technology
  - ✓ Attorney General’s Office—Cyber Fraud/Medicare/Medicaid Fraud
- The Commission added suggestions including:
    - ✓ Transportation
    - ✓ Teaching hospital and nursing home facilities about Dementia Friendly Care
    - ✓ Social Isolation for the disabled
    - ✓ Retirement transition
    - ✓ Spirituality
    - ✓ Patient-Centered Care

## V. Old Business

### United Seniors of Maryland Forum

- Cathy, Melody, Roy, Laura, Dayna and Ethel attended the Forum in Annapolis on January 14
- Handout —Bills USM is in support of
- Hot Topic—House Bill 643/Senate Bill 701—End-of-Life Option Act. This bill, if passed, would allow a patient to go to a Physician and ask for help ending his/her life.
- Cannabis revenue of \$10 million

### Age-Friendly Baltimore County

- Marlene and Cathy are part of the Transportation Workgroup
- Sheila is part of the Health and Community Services Workgroup
- Lisa is part of the Advisory Committee
- The survey is available online until April; over 2,000 responses so far

## **VI. New Business**

Handout—Article entitled, “If you’re going to talk about patient-centered care, you ought to know about Patricia Moore”

- A story about a 26 year-old who lived as an 85 year-old woman periodically for 3 years. It inspired her to start her own firm designing products that would allow all consumers, including seniors, to be able to continue participating in everyday life as they age.

## **VII. Director’s Updates**

- BCDA is in the process of hiring a Dementia Friendly Specialist; he/she will work with First Responders when encountering patients/clients with Dementia
- The County Executive will hold his first of seven Town Hall meetings tonight; (handout - dates, times and locations of all the meetings); each Baltimore County Department will have a table of information; there will also be information on Age-Friendly Baltimore County and the Community will have a chance to give their input
- BCDA has submitted their budget and there are no cuts. MDOA will probably receive level funding. The budget hearing was on February 7, 2020
- The Home Repair program is off to a good start; BCDA was able to help a client remain in her home
- Weekend hours have been successful at Cockeysville, Seven Oaks and Catonsville Senior centers, but attendance is low at the Pikesville Senior center on Sundays.
- Since lowering the age limit to 50+, Hereford Senior center membership increased by three, Lansdowne increased by 20, while Fleming Senior center saw a major increase and added 75 people to their membership
- Seven Oaks received permission to use the Rec and Park facility nearby for members that play pickle ball

## **VIII. Meeting Adjourned at 10:35 a.m.**